Thank God For Sex

Christian Couples Sexuality Seminar

By Lionel Hartley ©1981, Second Edition 1997

Student Workbook

Welcome to

Thank God For Sex

Christian Couples Sexuality Seminar

This seminar is arranged in five sessions. You are encouraged to attend all sessions and to complete all of the exercises requiring written response, and to actively enter into the discussions. Some exercises will be collected for group discussion and we ask that you do not mark these with your name or any other identification to help you to remain anonymous.

-Restricted Seminar -

Christian Couples Sexuality Seminar

Because of the nature of the material, this seminar is restricted to:

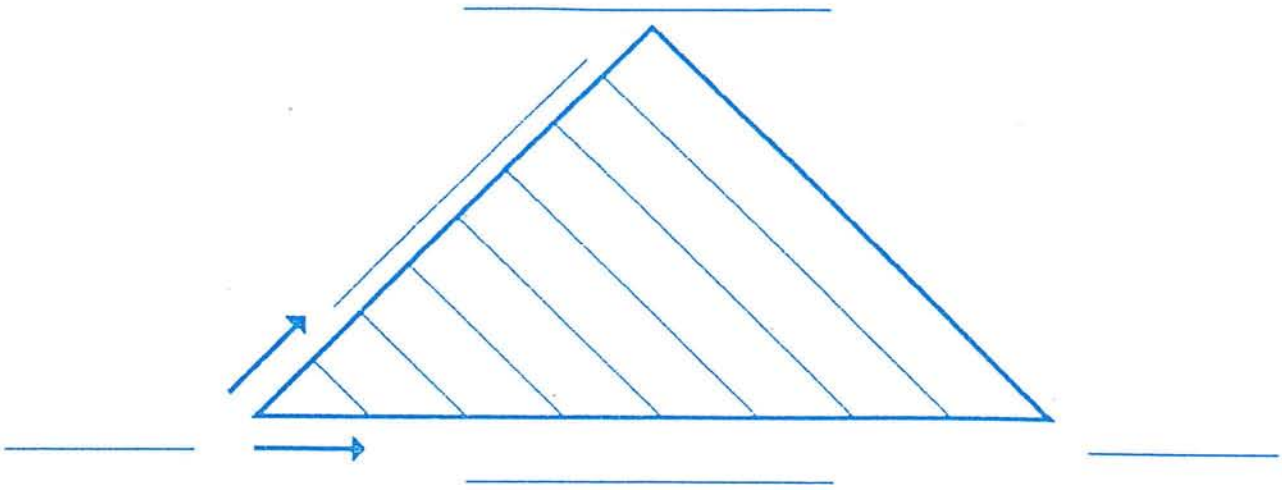
1. **Married couples**
2. **Married individuals**
3. **Engaged couples within 6 weeks of marriage.**

Sexuality is not an offence. It is God's order for mankind. However, we must avoid putting before unmarried individuals material of a sexual nature that is inappropriate - "Let us not therefore judge one another anymore, but judge this rather, that no man put a stumbling block, or an occasion to fall in his brother's way" Romans 14:13.

Thank God For Sex

Christian Couples Sexuality Seminar

Components of a marriage.



(ꟻ) Walter Trobisch (1971)

List five elements you personally feel are important:

1. _____
2. _____
3. _____
4. _____
5. _____

Thank God For Sex.

Lord, it's hard to know what sex really is -
Is it some demon, put here to torment me?
Or some delicious seducer from reality?
It is neither of these, Lord.

I know what sex is -
It is body and spirit,
It is strong embrace and gentle hand-holding,
It is open nakedness and hidden mystery,
It is joyful tears on honeymoon faces, and
It is tears on wrinkled faces at a golden wedding anniversary.

Sex is a quiet look across the room.
A love note on a pillow,
A rose laid on a breakfast plate,
Laughter in the night.

Sex is life - Not all of life -
But wrapped up in the meaning of life.

Sex is your good gift, O God,
To enrich life,
To continue the race,
To communicate,
To show me who I am,
To reveal my mate,
To cleanse through "one flesh".

Lord, some people say sex and religion don't mix;
But your Word says sex is good.

Help me to keep it good in my life.
Help me to be open about sex,
And still protect its mystery,
Help me to see that sex
Is neither demon nor deity.
Help me not to climb into a fantasy world
Of imaginary sexual partners;
Keep me in the real world,
To love the people you have created.

Teach me that my soul does not have to frown at sex
For me to be a Christian.
It's hard for many people to say, "Thank God For Sex!",
Because for them sex is more a problem than a gift.
They need to know that sex and the gospel
Can be linked together again.
They need to hear the good news about sex.
Show me how I can help them.

Thank you, Lord, for making me a sexual being.
Thank you for showing me how to treat others with trust and love.
Thank you for letting me talk to you about sex.
Thank you that I feel free to say:

Harry Hollis Jnr.

-Table #1 -

Christian Couples Sexuality Seminar

Causes of Breakdown in Australian Marriages

Causes.	% Female Respondents.
Husbands lack of time at home.	46 %
Sexual incompatibility.	40
Lack of common interests.	40
Husband's association with another woman.	37
Husband's cruelty.	37
Husband's drinking.	36
Financial.	36
Wife's boredom.	26

Causes.	% Male Respondents.
Sexual incompatibility.	56 %
Lack of common interests.	41
Wife's association with another man.	35
Friction with relatives.	29
Husband's lack of time at home.	28
Wife's boredom.	25
Financial.	24
Disagreement over children.	22

Causes.	Average % Of All Respondents.
Sexual incompatibility.	45 %
Lack of common interests.	40
Husband's lack of time at home.	40
Financial.	32
Husband's association with another woman.	31
Husband's drinking.	30
Husband's cruelty.	26
Wife's boredom.	26

(Source: "Breaking Up: Separation And Divorce In Australia" Melbourne: Thomas Nelson Aust., 1980: pp 42 - 53.)

Assessment Tool #1 (Male)

Christian Couples Sexuality Seminar

KNOWLEDGE: *(Complete each sentence as honestly as you can.)*

The Bible teaches that sexual pleasure within the marriage relationship is _____

_____

_____

When it is said that our sexual response is a natural bodily function, I understand that to mean _____

_____

_____

ATTITUDES: *(Check off your response to each statement below.)*

	Agree	Disagree	Uncertain
Sex is one of the most beautiful aspects of life.	☐	☐	☐
It is more enjoyable to give than to receive.	☐	☐	☐
Bodily pleasure is fleshly and not of God.	☐	☐	☐
Sexual intercourse is primarily for physical release.	☐	☐	☐
Our religious beliefs have the greatest influence on our attitudes toward sexual behaviors.	☐	☐	☐
Men and women have equal right to sexual pleasure.	☐	☐	☐
There are sexual activities that I would consider wrong for a married couple to practice. If you agree, list these: _____ _____	☐	☐	☐
, be satisfying, intercourse must lead to simultaneous orgasm.	☐	☐	☐
Sexual fantasies are normal.	☐	☐	☐
Masturbation (self-stimulation) is an acceptable means for sexual pleasuring and release.	☐	☐	☐
The male should be the aggressor in sexual activity.	☐	☐	☐
In general, women don't enjoy sex as much as men.	☐	☐	☐
Men should be allowed more freedom in sexual behavior than women.	☐	☐	☐
The quality of a sexual relationship is more than just physical release.	☐	☐	☐

FEELINGS: *(Complete each sentence as honestly as you can.)*

When I am making love with my spouse, I feel _____

_____

_____

Ten years ago my view of sex was _____

_____

_____

I now view love-making as _____

_____

_____

The best thing about me sexually is _____

_____

_____

BEHAVIORS:

Love-making is a good experience for me:
Yes ☐ No ☐

I would like to enhance the sexual-fulfillment aspect of our marriage by working on the following areas *(check as many as desired):*

- ☐ frequency of intercourse
- ☐ variety within the love-making experience
- ☐ interest: for myself ☐ for my partner ☐
- ☐ change in pattern of initiation
- ☐ control of ejaculation for the man
- ☐ responsiveness for the woman
- ☐ general pleasuring of each other's body
- ☐ freedom of sexual activity between the two of us
- ☐ other:

Assessment Tool #1 (Female)

Christian Couples Sexuality Seminar

KNOWLEDGE: *(Complete each sentence as honestly as you can.)*

The Bible teaches that sexual pleasure within the marriage relationship is _____

_____

_____

When it is said that our sexual response is a natural bodily function, I understand that to mean _____

_____

_____

ATTITUDES: *(Check off your response to each statement below.)*

	Agree	Disagree	Uncertain
Sex is one of the most beautiful aspects of life.	☐	☐	☐
It is more enjoyable to give than to receive.	☐	☐	☐
Bodily pleasure is fleshly and not of God.	☐	☐	☐
Sexual intercourse is primarily for physical release.	☐	☐	☐
Our religious beliefs have the greatest influence on our attitudes toward sexual behaviors.	☐	☐	☐
Men and women have equal right to sexual pleasure.	☐	☐	☐
There are sexual activities that I would consider wrong for a married couple to practice. If you agree, list these: _____ _____	☐	☐	☐
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Sexual fantasies are normal.	☐	☐	☐
Masturbation (self-stimulation) is an acceptable means for sexual pleasuring and release.	☐	☐	☐
The male should be the aggressor in sexual activity.	☐	☐	☐
In general, women don't enjoy sex as much as men.	☐	☐	☐
Men should be allowed more freedom in sexual behavior than women.	☐	☐	☐
The quality of a sexual relationship is more than just physical release.	☐	☐	☐

FEELINGS: *(Complete each sentence as honestly as you can.)*

When I am making love with my spouse, I feel _____

_____

_____

Ten years ago my view of sex was _____

_____

_____

I now view love-making as _____

_____

_____

The best thing about me sexually is _____

_____

_____

BEHAVIORS:

Love-making is a good experience for me:
Yes ☐ No ☐

I would like to enhance the sexual-fulfillment aspect of our marriage by working on the following areas *(check as many as desired):*

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- ☐ control of ejaculation for the man
- ☐ responsiveness for the woman
- ☐ general pleasuring of each other's body
- ☐ freedom of sexual activity between the two of us
- ☐ other:

- Notes -

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Homework

"_____ member of the household should

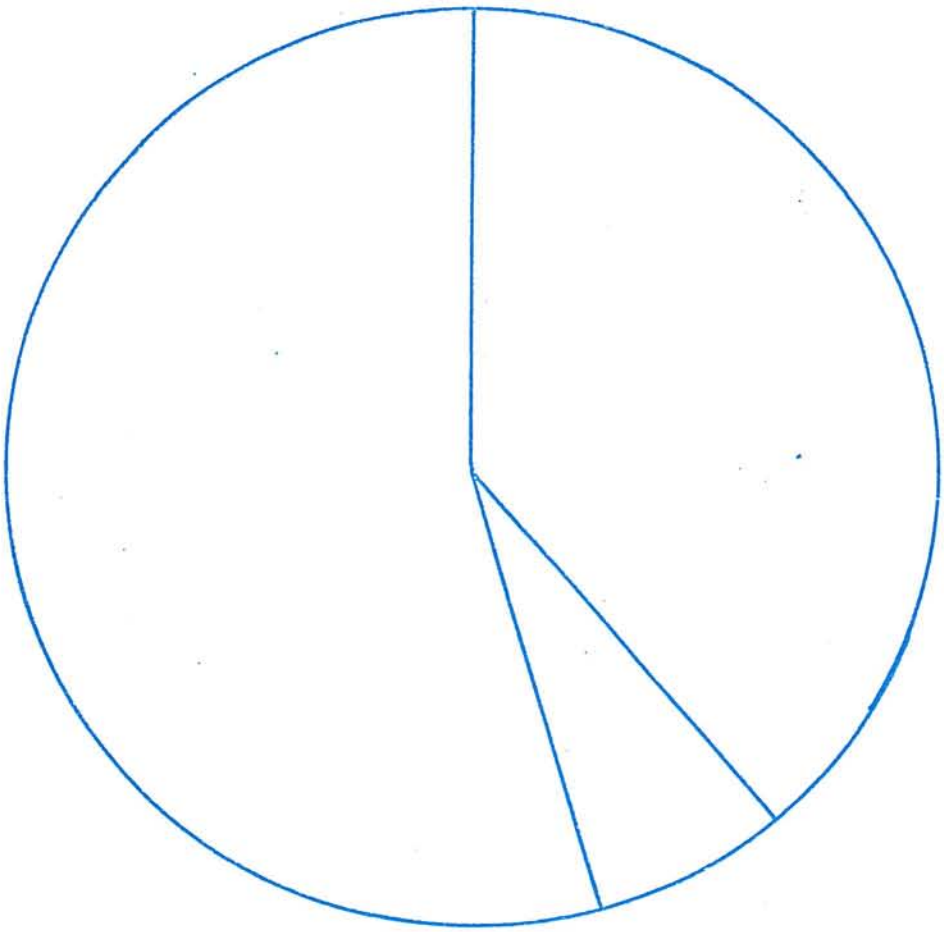
_____ _____ the

_____ and _____ the

_____ of the others."

Adventist Home, p. 427.

THE COMPLETE MESSAGE

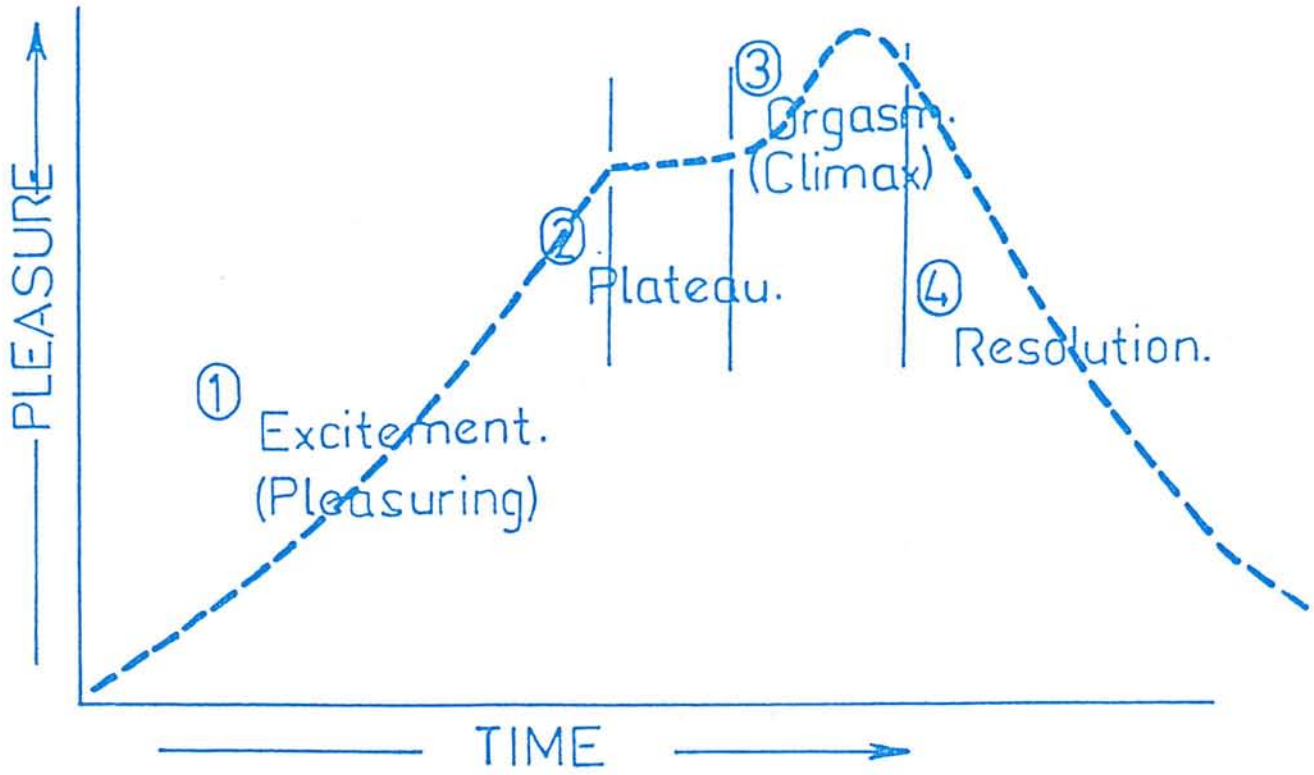


- Notes -

Christian Couples Sexuality Seminar

Homework

A Description of Our Sexual Experience



DISCUSSION WITH YOUR SPOUSE.

1. If the pattern above is considered an ideal, how does your relationship compare.?
2. What areas do you think you could develop to enhance your relationship even more?
3. Has your relationship developed with time (ie: the passing of years), or has the sexual part of your relationship become stereotype?

Goal Setting

I want you to carefully follow the intructions for the next section. Read each section ON YOUR OWN. Jot down some thoughts by yourself. Think of how you can "fulfil" your mate with each question.

Only after you have answered EACH question spend time sharing with your spouse your answers. Discuss them together. Personally pray to be able to fulfil each of YOUR GOALS.

1. Which of the four (4) areas do you need to give attention to, so you will more satisfy your spouse? _____

_____

2. What area do you feel you can work on together? _____

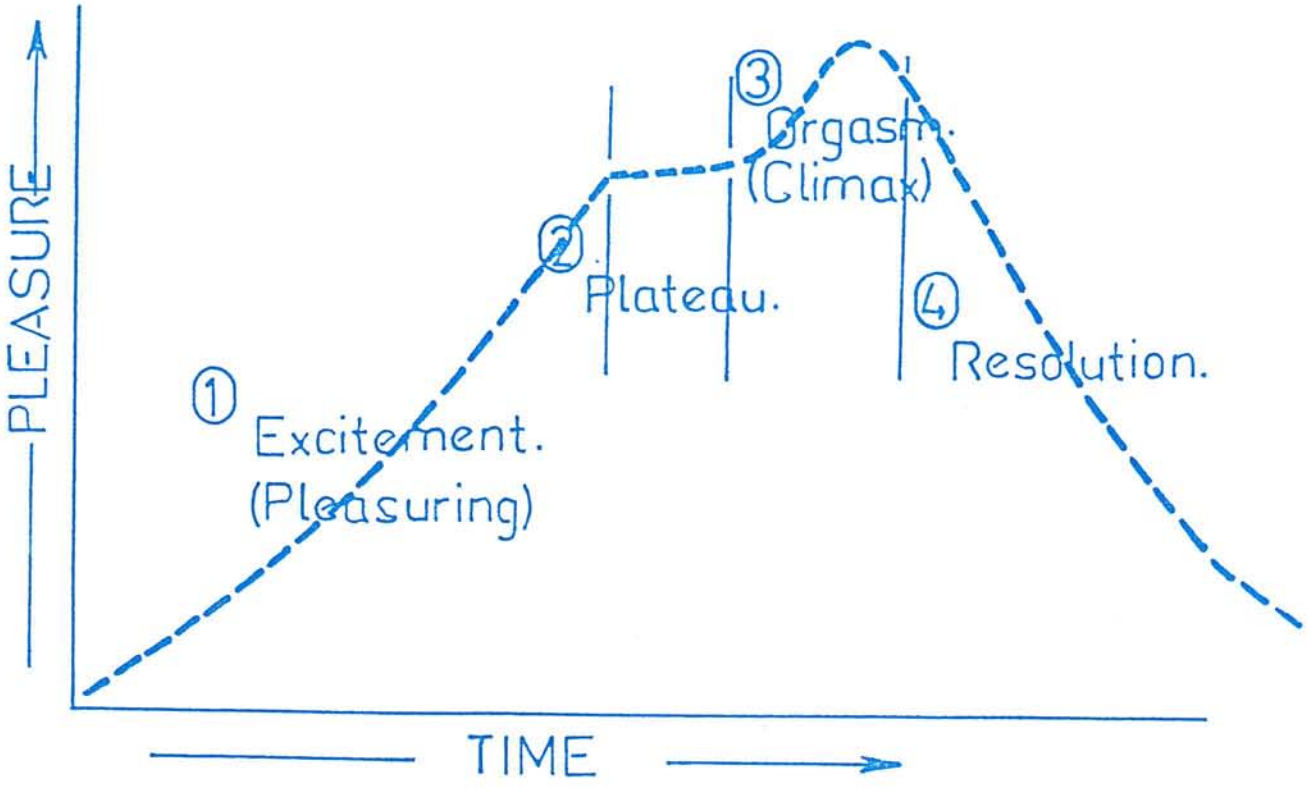
_____

3. What area do you personally feel that your spouse can be better in to help build the relationship? (This is not criticism, but open communication.)

_____

_____

A Description of Our Sexual Experience



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_____

2. What area do you feel you can work on together? _____

_____

3. What area do you personally feel that your spouse can be better in to help build the relationship? (This is not criticism, but open communication.)

_____

_____

Assessment Tool #2 (Couple)

Christian Couples Sexuality Seminar

Fill out the section at the base ON YOUR OWN. After doing so find a private corner and mutually discuss your responses with your spouse. Please remember this important fact: When identifying what could be better (especially question 3.), this is NOT intended as open criticism, rather, open communication.

Discussion between yourselves.

1. What did you learn as a couple ?
2. Did your responses differ at all ?
3. If so can you suggest why ?
4. What areas do you think you may need to work on together ?
5. What area is most pleasing to you together as a couple ?
6. Have you learnt anything new:
   a) In general ?
   b) About your spouses responses ?
7. What goals can you set yourselves as a couple?
8. What active steps can you take to reach your goals ?

- Notes -

Christian Couples Sexuality Seminar

Homework

Assessment Tool #3 (Male)

Christian Couples Sexuality Seminar

Please read each question. Then select from the four (4) choices to the right the answer "that best suits" your particular feeling towards the question. Simply then register a tick (✓) in that box.

	YES.	NO.	SOMETIMES.	UNCERTAIN.
1. I would like more lovemaking, intercouse experience.	☐	☐	☐	☐
2. I would like lovemaking, including intercourse to be longer.	☐	☐	☐	☐
3. I would like my wife to initiate more in lovemaking, intercouse and the request for the same.	☐	☐	☐	☐
4. We spend enough time in the excitement phase, pleasuring phase, foreplay or arousal phase. (All the same phase, just different names.)	☐	☐	☐	☐
5. We usually relax <u>together</u> for several minutes after lovemaking, intercourse.	☐	☐	☐	☐
6. I would like a greater variety in the sexual act, love making. (Particularly relating to sexual position, change of time, place for lovemaking.)	☐	☐	☐	☐
7. I would like to express my love more with my wife in the areas of caresses, touch, gentle hand fondling.	☐	☐	☐	☐
8. I would like to have more caresses, touch and hand fondling extended towards me.	☐	☐	☐	☐
9. I feel I would like to speak more openly than I do about our love-life.	☐	☐	☐	☐

10. I would like more of:

a) Planned lovemaking.
b) Spontaneous lovemaking. ☐

....ooOoo....

Assessment Tool #4 (Female)

Christian Couples Sexuality Seminar

Please read each question. Then select from the four (4) choices to the right the answer "that best suits" your particular feeling towards the question. Simply then register a tick (√) in that box.

	YES.	NO.	SOMETIMES.	UNCERTAIN.
1. I would like more lovemaking, intercourse experience.	☐	☐	☐	☐
2. I would like lovemaking, including intercourse to be longer.	☐	☐	☐	☐
3. I would like to initiate more in the lovemaking, intercourse.	☐	☐	☐	☐
4. We spend enough time in the excitement phase, pleasuring phase, foreplay or arousal phase. (All the same phase, just different names.)	☐	☐	☐	☐
5. I would like to spend more time relaxing together with my husband after lovemaking, intercourse.	☐	☐	☐	☐
6. I would like a greater variety in the sexual act, love making. (Particularly relating to sexual position, change of time, place for lovemaking.)	☐	☐	☐	☐
7. I would like to express my love more with my husband in the area of caresses, touch, gentle hand fondling.	☐	☐	☐	☐
8. I would like to have more caresses, touch and hand fondling extended towards me.	☐	☐	☐	☐
9. I feel I would like to speak more openly than I do about our love-life.	☐	☐	☐	☐

10. I would like more of :

a) Planned lovemaking. ☐

b) Spontaneous lovemaking. ☐

....ooOoo....

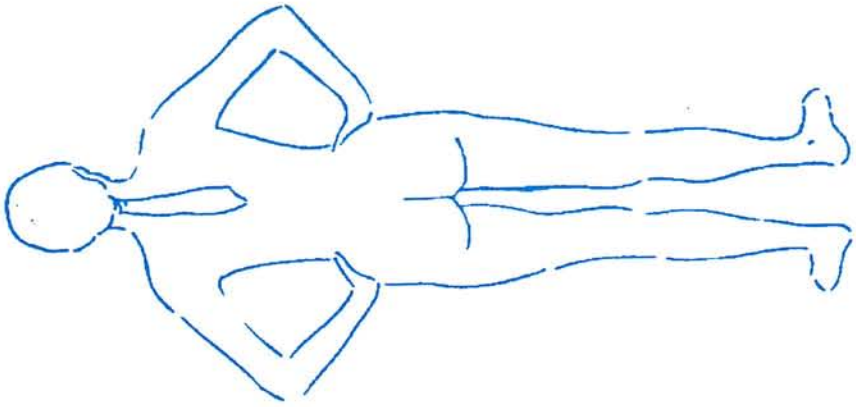
ORGASM & CLIMAX.

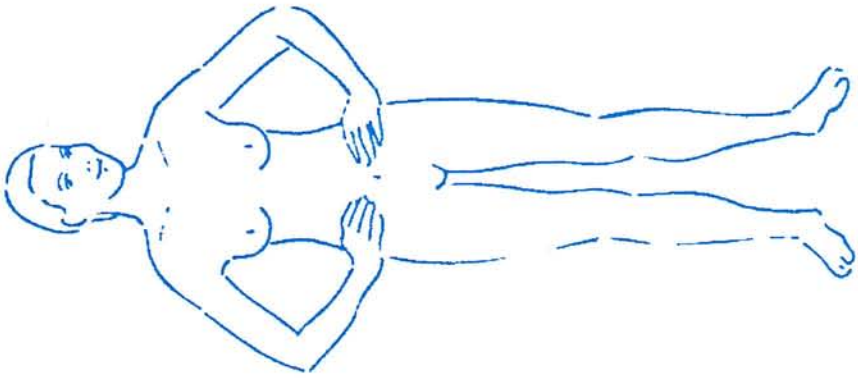
What percentage of times do you reach full orgasm or climax. Just tick one box.

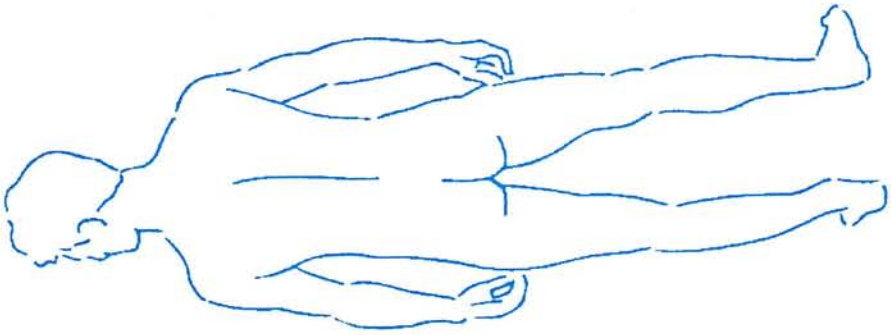
1. Never. ☐
2. Under 20 % ☐
3. 20 to 50 % ☐
4. 50 to 80 % ☐
5. 80 to 100% ☐
6. Always. ☐

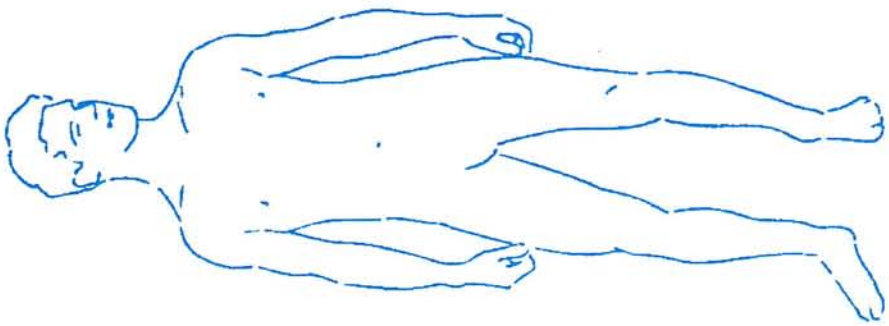
Would you desire a greater percentage YES ☐ NO. ☐

If so what percentage of time .....









This section will vary as seminar by seminar adds its results to the average. We shall however list certain results here in the left hand column and allow the centre column for your specific groups response. The right hand column is for the new average. The abbreviations are as follows: **Y** - Yes; **N** - No; **S** - Sometimes; **U** - Uncertain.

MALE RESULTS.	% Ave.				Your Group.				New Ave.			
	Y.	N.	S.	U.	Y.	N.	S.	U.	Y.	N.	S.	U.
1. I would like more lovemaking, intercourse experience.	62%	13	23	2								
2. I would like lovemaking, including intercourse to be longer.	59%	13	25	3								
3. I would like my wife to initiate more in lovemaking, intercourse and the request for the same.	69%	8	22.5	.5								
4. We spend enough time in the excitement phase, pleasuring phase, foreplay or arousal phase.	29%	32.5	35	3								
5. We usually relax together for several minutes after lovemaking.	60.5%	13	26.5	0								
6. I would like greater variety in the sexual act, lovemaking.	50.5%	16	1.5	2								
7. I would like to express my love more with my wife in areas of caresses, touch, gentle hand fondling.	78.5%	8.5	13	0								
8. I would like to have more caresses, touch and hand fondling extended towards me.	74 %	11	14.5	.5								
9. I feel I would like to speak more openly than I do about our love-life	57.5%	23.5	19	0								
10. I would like more of:												
a) Planned lovemaking.				30%								
b) Spontaneous lovemaking.				80%								

FEMALE RESULTS.	% Ave.				Your Group.				New Ave.			
	Y.	N.	S.	U.	Y.	N.	S.	U.	Y.	N.	S.	U.
1. I would like more love-making, intercourse experience	40.5%	19	37	3.5								
2. I would like lovemaking, including intercourse to be longer.	43%	25.5	30	1								
3. I would like to initiate more in the lovemaking, intercourse.	37%	22	38	3								
4. We spend enough time in the excitement phase, pleasuring phase, foreplay or arousal phase.	32%	30	36	2								
5. I would like to spend more time relaxing together with my husband after lovemaking, intercourse.	66%	12	20.5	1.5								
6. I would like a greater variety in the sexual act, love making.	28.5%	37.5	32	2								
7. I would like to express my love more with my husband in the area of caresses, touch, gentle hand fondling.	66%	13.5	19	1.5								
8. I would like to have more caresses, touch and hand fondling extended towards me.	59%	16	24	1								
9. I feel I would like to speak more openly than I do about our love-life.	51%	24	23.5	1.5								

10. I would like more of:

a) Planned lovemaking.	32%
b) Spontaneous.	69.5%

What percentage of the time do you reach full orgasm or climax.

a) Never.	4.2%
b) Under 20%.	20.5%
c) 20 - 50%.	17%
d) 50 - 80%.	14%
e) 80 - 100%.	37%
f) Always.	7%

Would you desire a greater percentage.

a) Yes.	59%
b) No.	41%

- Notes -

Christian Couples Sexuality Seminar

Homework

- Notes -

Christian Couples Sexuality Seminar

Homework

Thank God for Sex

Christian Couples Sexuality Seminar

Objective:

Using Biblical resources and assessment tools,
whilst maintaining participant anonymity,
it is the objective of this seminar:
To enrich the intimacy of the "ecstatic";
To enhance the intimacy of the "very happy";
To improve the intimacy of the "happy";
To develop the intimacy of the "not sure";
To educate for intimacy in the "unhappy";
To revive the intimacy in the "very unhappy" and
To bring us all more intimate with God.

Restricted attendance:

Sexuality is not an offence; it is God's order for mankind. However, we must avoid putting before unmarried individuals material of a sexual nature that is inappropriate. Romans 14:13 says, "...Judge this rather, that no man put a stumbling block, or an occasion to fall, in his brother's way."
Therefore, because of the nature of the material, this seminar is restricted to:
1. Married couples,
2. Married individuals,
3. Engaged couples within 6 weeks of marriage.

Written by Lionel Hartley ©1981, Revised 1997